

Aqua-Master

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"Swimming - A Life's Passion"

Karen and Pete Open with Wins at Nationals

Congratulations National LCM Champs

Sara Quan ☆ Jennifer Butcher

Becky Obletz ☆ Ginger Pierson

Amy Halligan ☆ Julie Himstreet

Robin Parisi ☆ Colette Crabbe

Joy Ward ☆ Lavelle Stroinoff

Karen Andrus-Hughes

Doug Stewart ☆ Peter Metzger

Bill Zolna ☆ Dennis Baker

Dave Radcliff ☆ Gil Young

Bert Petersen



Federal Way, WA. - Karen Andrus-Hughes and Pete Metzger started OMS swimmers off on the right stroke when they won their first National Championships in the first event of the day, the 50 Meter Backstroke.

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Three World Records for Colette

Federal Way, WA. - Colette Crabbe, with World Records in the 200 Ind. Medley, the 400 Ind. Medley and the 200 Breaststroke, led a strong contingent of Oregon and MAC swimmers. The Oregon LMSC swimmers set 6 World Records, 3 National Records and won 39 National Championships.



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Chair's Corner by Jeanne Teisher

Fellow swimmers:

I am unfortunately not always able to attend all the OMS and Zone swim meets, either as a spectator or competitor, but I do enjoy hearing about the events from those who have attended. A couple of months ago Eugene hosted the annual Senior Sports Festival and Pam Himstreet, OMS Vice President, participated. After reading Pam's write-up (see below) about the event, I am sorry I missed such a well-organized and fun event. If you have never attended the Eugene Senior Sports Festival, you might consider participating next year. It is definitely one of the fun swim events of the year. Read on to learn more:

"If you missed the Eugene Senior Sports Festival this year, you missed a really enjoyable meet and dinner. The start time of noon made it easy for Portlanders to attend and many did. Swimmers were trying out full body suits and new techniques in rehearsal for Nationals. Others were just enjoying the great weather. MAC sent a bunch of their Nationals-bound swimmers and the Fish-Sticks banner flew proudly on a tree. A nice treat was the high quality embroidered cap or visor each participant received.

When we arrived we were greeted by Arden Adams, who did a great job as meet director. When she wasn't greeting guests and playing meet director, she was whisking herself down the deck in her wheelchair to swim the 50M events. Lynda Postma, though, outdistanced Arden in trips down the pool. As Referee, she jogged every race to the far end of the pool to catch everyone's turns and was back to judge the finishes. And I can't forget the five cheerleading lifeguards. They kept everyone going.

One highlight was Fred Eckhardt (75) going solo in the 200 fly, then repeating an ironman feat of the 400 IM about 10 minutes later. Since the meet was only 3 1/2 hours long, you might say, everyone did a bit of ironman swimming.

But the absolute spectator treat was the heat of the "Grand Dames" of OMS. Talk about pressure! These gals were in heavy competition and three are 80+ years young. We had Maggie Wells, Pauline Stangel, Eva Muller and Elfie Stevenin battling it out in heats together, side-by-side. A comment I heard repeatedly was "I'm not going to let Eva beat me" from the ladies. Eva is 89 years old and smooth as silk in the water. They should have done a 320+ relay or two.

After the meet we went to a beautiful park in downtown Eugene. The dinner included roast beef, ribs and chicken plus all trimmings and free beer and wine. Ask Jackie Quattro, Sarah Hoagland, and Mary Jackson about their great door prizes. I don't know about you, but I will go back to this meet next year. Rumor has it will be July 20, 2002, at the new Amazon Pool in Eugene."

In past years, this meet has unfortunately received a bad rap. As you can see from Pam's report, it was quite fun and one of those meets that was stress free, even with lots of fast people competing. Agreat first meet for someone. So, pencil July 20, 2002 on your calendar.

Have a great month.

Jeanne

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It's Official by Gary Wallis, Officials Chair

In prior months the rules pertaining to each stroke or relay were covered. In this month's installment we will take a look at other areas where disqualifications may occur. If you would like your own copy of the rule book it may be purchased from USMS at their web site: www.usms.org. The rules are also available on-line at www.usms.org/rules.

Unsportsmanlike conduct. *Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty at the discretion of the referee. (102.15.2)* Instances of unsportsmanlike acts should be reported to the referee.

Stay in your lane. *Swimmers must start and finish the race in their assigned lane. (102.15.3)* If you accidentally cross into an adjacent lane you should return to your assigned lane before interfering with the swimmer in that lane.

Walking or standing on the bottom of the pool. *Standing on the bottom during a freestyle race shall not disqualify swimmers, but they must not leave the pool, or walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification. (102.15.4)* Additionally, during a turn you may stand on the bottom so long as you continue to contact (e.g. by grabbing) the wall.

Crossing a lane and interfering with a swimmer. *Obstructing another swimmer by swimming across the lane or otherwise interfering with the swimmer shall disqualify the offender, subject to the discretion of the referee. (102.15.5)*

This happens all too frequently at the end of a race when early finishers cross over to get to the stairs. If in doubt, ask the starter or referee if the lane is clear before you enter it.

Swim aids, wetsuits and oil. *Swimmers are not permitted to wear or use any device or substance to help their speed or buoyancy during a race. Goggles may be worn and rubdown oil applied if not considered excessive by the referee. (102.15.8)*

Pulling on lane lines. *Grasping the lane line or side wall to assist forward motion is not permitted. (102.15.9)*

North Bend Swimmers Successful in Trans Tahoe Swim

The Trans Tahoe Swim is an 11.6 mile swim across Lake Tahoe, from Sand Harbor in Nevada to just north of Tahoe City in California. The race is a relay event with six swimmers. Only swimming suits and caps are allowed, no greasing or other thermal protection. Most swims consist of 1 half-hour leg, then a 15-minute leg, and finally 10-minute legs until the team reaches the finish line. The water temperature usually ranges from 50 to 56 degrees, with 2 to 4 foot swells and a foot of wind chop.

For the second year North Bend Aquatic Masters showed

their stuff at Tahoe. Since they could not find six insane souls – this year, they used the four old diehards that swam Tahoe two years ago, Rod Cook, Chris Cook, Guy Marchione, and Team Captain Craig Marchione. This meant that each team member would have to swim the first leg for 45-minutes (instead of the 30-minutes) like most other teams, and do the rest of the event in 15-minute leg intervals (instead of dropping to 10-minute intervals).

The team began it's training by swimming the coastal lakes in late May, (when the water temp is about 50 degrees). You learn to gauge water temperature by how numb your mouth gets in a half-hour. The morning swim in the pool consisted of a two-hour workout, doing long distance stuff. The afternoon swim in the lake was at a friend's house on Ten Mile lake,

doing half-hour swims. By the first week of July, the coastal winds create one to two foot wind chop on the lakes. The team switches to Eel Lake, the site of 2000 Eel Lake swim, to catch the big waves.

This year at Tahoe, the team improved their time by 21 minutes, coming in at 5:22.10. They placed 12th in the open class out of 19, and 62nd over-all (out of 93 teams). This year was special in that it was the twenty-fifth anniversary of the swim; also, the team had a cheering squad this time around.



front row-Guy Marchione back row - Clinton Cook,
Chris Cook, Craig Marchione, Rod Cook



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

The 2001 Oregon Open Water Season has ended, and it's time to recognize the season achievements:

- We hosted nine swims at four venues this year. We lost two swims & one venue from last year, and really missed the extra weekend of swimming this year!
- 213 Oregon swimmers from 19 Oregon local teams took part, totaling 553 swims.
- 25 visitors from other states and provinces joined us for 56 swims.
- Dmitri ("Dima") Khodko, from Siberia by way of Ottawa, traveled the furthest to swim with us; Dima proved to be a fine swimmer, excellent companion & conversationalist, and croquet stylist! Many thanks to those who hosted him.
- 36 Oregon swimmers swam in at least three venues, thus qualifying for the Oregon Open Water Swim Series awards (see results in this Aqua-Master).
- 11 Oregon swimmers swam in all four venues. Of these, nine swam in every race offered! The expression "get a life!" occasionally comes to mind.
- The National Championship 3000-meter at Elk Lake proved to be the largest race with 112 swimmers. The other Elk Lake swims benefited from the championships with large & excellent fields. The next largest event was the Association Championship one-mile with 78 competitors (see results in this Aqua-Master).
- The Elk Lake 500-meter time trial was our shortest distance, drawing 82 sprinters (by long distance standards anyway). The Squaw Lake 5000-meter was our longest, with 32 folks completing the distance.
- As always, the camping was grand! What a great opportunity to get outside to experience Oregon's natural beauty and beasties, and to try out those new tents, cook stoves, plush lawn chairs, portable blenders, & assorted games. Congratulations to...
- Our nine 3000-meter National Champions (automatic USMS Long Distance All-Americans!);
- Our nineteen one-mile Association Individual Champions;
- COMA, our Association Large Team Champions for the third consecutive year;
- NCMS, our Association Small Team Champions;
- Our English Channel relay swimmers, who put a lot on the line for a great cause;
- Those other Oregonians who ventured far

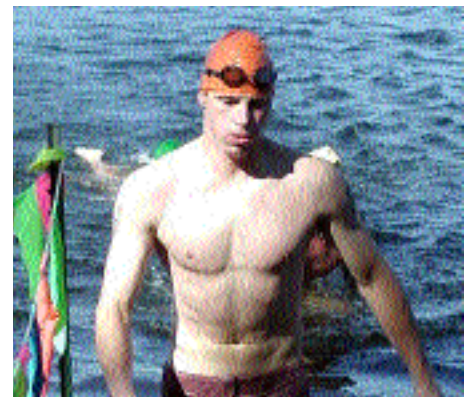
afield to find other open water challenges; (*see article about North Bend swimmers and the Trans Tahoe Swim - page 3*)

- Our race directors and host teams, who can now take a few months off;
- Our sponsors, who made much possible and who kept us all in goodies;
- Everyone who participated!

One correction. After closely examining the USMS Long Distance rules, we found that the age rule for long distance swimming was slightly different from the age rule for pool meets. This affected an age group finish in the 3000-meter National Championships. I apologize to Kristi Gustafson for the error—Kristi, on at least one day in your life, I wish your birthday might have been one day earlier! And I congratulate Madeleine Holmberg, who was the actual winner in her age group but was not recognized at the swim site! One reminder. Just because open water season in Oregon has finished, you're not off the hook! October is the last month of the National 3000-yard & 6000-yard Postal Championships. These swims must be done in a 25-yard pool--making them accessible to most of us!—and completed by October 30th. These swims are solid early season training swims, great conditioning benchmarks, and fun team-building events. Last year, Oregon won the National Team Championships in both events, our first national postal championship titles ever! Can we meet the difficult challenge of repeating as Team Champions? See www.usms.org for information & entry blanks.

Incidentally, if you officially enter one or both of these events, please send me your result (name, age, & time) promptly, so that I can enter the best Oregon relays—at no cost to you--by the entry deadline.

Good luck and good swimming!



Two Mile Winners - Julie Himstreet and Perry Bishop



Results: Association Championships - Dorena Lake

Pl.	Name	Team	1 Mile Time	Overall	Age
Women Results					
19 - 24					
1	Gina Dhom	EA	23.46	6	23
25 - 29					
1	Sara Quan	COMA	21.19	1	28
2	Tori Eisenbeis	COMA	24.39	16	28
30 - 34					
1	Amy Halligan	COMA	22.22	3	34
2	Julie Himstreet	EA	22.25	5	30
3	Sandea Hyde	MHM	25.40	23	32
4	Kristine Lewis	THB	28.10	36	31
5	Andrea Milano	PMS	28.29	41	33
6	Cynthia Smidt	COMA	28.36	44	31
7	Erin Holland	NCM	29.27	51	34
35 - 39					
1	Karen Allen	COMA	26.16	25	37
2	Karen Daniels	COMA	28.30	42	36
3	Sharom Glaeser	PMS	28.33	43	37
4	Kristin Brooks	COMA	28.58	46	36
40 - 44					
1	Maureen Hosty	MY	24.25	9	42
2	Laura Schob	COMA	25.43	24	42
3	Barb Harris	COMA	26.22	26	41
4	Melora Samelson	CAT	28.20	37	42
5	Marla Morreno	EA	29.35	52	43
6	Mary Becker	COMA	32.15	66	43
45 - 49					
1	Robin Parisi	MACO	24.26	10	47
2	Deb Gregoire	COMA	27.45	31	47
3	M. Holmberg	COMA	29.56	57	48
4	Cynthia Shoemaker	COMA	32.35	68	49
5	Connie Peterson	COMA	35.31	74	46
6	Shela Perrin	THB	37.48	76	49
7	Wendy Patten	UNATT	42.34	81	45
50 - 54					
1	Anne Thomas	COMA	29.49	54	50
2	Jani Sutherland	COMA	30.20	59	52
3	Kristina Riddle	THB	38.05	78	52
55 - 59					
1	Joy Ward	NCM	30.24	60	58
2	Pam Himstreet	COMA	31.50	64	57
3	Peggy Whiter	COMA	35.25	72	57
4	Lynda Christiansen	EA	NT	55	57
60 - 64					
1	Peggie Hodge	COMA	41.46	80	61
Men Results					
25 - 29					
1	Brad Cascagnette	EA	27.27	29	27
2	Takeo Nishimura	COMA	27.46	32	28
30 - 34					
1	Phil Reget	COMA	24.32	13	32
2	Devin Brown	THB	27.34	30	32
3	Charles Forest	THB	32.54	69	34
35 - 39					
1	Sean Taylor	MACO	24.37	15	38
2	Rob Higley	COMA	24.42	17	36
3	Dave VanDerZwan	SOM	NT		
4	John Gabriel	CBAT	28.28	40	36
5	Bill Schipper	COMA	29.48	53	36
6	Ciaran Turbitt	MY	29.52	56	35
7	John Spillman	SOM	33.27	70	36
40 - 44					
1	Mark Fairlee	COMA	24.46	19	43
2	Michel Douglas	COMA	24.47	20	44
3	Mike Dowd	MAC	27.49	33	42
4	Donald Soares	RVM	27.58	35	41
5	Mark Neubert	NCM	29.07	47	44
6	Jay Gilberg	MY	31.04	62	43
7	Michael Chapman	UNATT	31.32	63	41
8	Robin Bragg	NCM	32.35	67	41
9	Mike Cobarrubias	UNATT	37.54	77	43
45 - 49					
1	Mike Tennant	COMA	24.24	8	48
2	Charlie Swanson	EA	24.26	11	49
3	Jonathan Istok	CBAT	28.21	38	46
4	John Downey	NCM	28.26	39	49

Photo by Barb Harris

continued on page 6

5	Dallas	Figley	UNATT	30.59	61	49
6	Jimmy	Unger	EA	31.57	65	47
7	Duc	Van Tran	THB	37.21	75	46

50 - 54

1	Steve	Johnson	EA	22.20	2	53
2	Bob	Bruce	COMA	24.33	14	53
3	John	Loos	UNATT	25.38	22	51
4	Jim	Teisher	THB	26.53	27	51
5	Mark	De Priest	MY	29.53	34	53
6	Vic	Trembley	CBAT	30.15	58	50
7	Frank	Parisi	MACO	34.05	71	53

55 - 59

1	Tom	Landis	COMA	24.15	7	59
2	Dan	Gray	RVM	29.22	49	56
3	Robert	Smith	FISH	29.24	50	58
4	Richard	Juhala	NCM	35.29	73	58

60 - 64

1	Ralph	Mohr	COMA	28.45	45	60
2	Brent	Lake	COMA	29.50		

65 - 69

1	David	Radcliff	THB	24.44	18	67
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70 - 74

1	William	Holman	NCM	41.25	79	70
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Women Results**2 Mile****19 - 24**

1	Jillian	Clark	COMA	46.23	8	21
2	Louise	Hunt	CBAT	57.47	45	23

25 - 29

1	Tori	Eisenbeis	COMA	47.35	13	28
2	Alexis	Miller	UNATT	51.06	19	27

30 - 34

1	Julie	Himstreet	EA	43.22	3	30
2	Haleigh	Werner	EA	46.34	10	32
3	Andrea	Milano	PMS	52.57	25	33
4	Erin	Holland	NCM	53.10	27	34
5	Kristine	Lewis	THB	53.13	28	31
6	Lisa	Gains, J	UNATT	54.10	33	34

35 - 39

1	Kristin	Brooks	COMA	51.32	24	36
2	Sharom	Glaeser	PMS	52.57	26	37
3	Alix	Gitelman	CBAT	53.37	30	36
4	Lynn	Shanks	MY	57.55	46	36

40 - 44

1	Maureen	Hosty	MY	46.19	6	42
2	Laura	Schob	COMA	51.13	21	42
3	Marla	Morreno	EA	54.11	36	43
4	Marlys	Cappaert	CBAT	54.50	34	43

45 - 49

1	Madeleine	Holmberg	COMA	55.16	41	48
2	Cynthia	Shoemaker	COMA	59.27	47	49
3	Connie	Peterson	COMA	66.36	55	46

4	June	Mather	RVM	66.55	56	49
5	Shela	Perrin	THB	70.29	58	49

50 - 54

1	Jani	Sutherland	COMA	57.22	44	52
2	Kristina	Riddle	THB	69.00	57	52

55 - 59

1	Pam	Himstreet	COMA	59.40	48	57
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60 - 64

1	Peggie	Hodge	COMA	74.31	59	61
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Mens Results**19 - 24**

1	Ian	Kinne	UNATT	63.12	51	19
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25 - 29

1	Takeo	Nishimura	COMA	51.22	22	28
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30 - 34

1	Phil	Reget	COMA	46.4	12	32
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35 - 39

1	Perry	Bishol	UNATT	43.13	1	36
2	Rob	Higley	COMA	46.28	9	36
3	David	Van Der Zwan	SOM	48.13	15	38
4	John	Gabriel	CBAT	53.18	29	36
5	Ciaran	Turbitt	MY	54.70	35	35

40 - 44

1	Mark	Fairlee	COMA	46.37	11	43
2	Donald	Soares	RVM	51.22	23	41
3	Jay	Gilberg	MY	55.14	40	43
4	Mark	Neubert	NCM	56.29	42	44
5	Michael	Chapman	UNATT	60.03	49	41
6	Robin	Bragg	NCM	62.15	50	41

45 - 49

1	Charlie	Swanson	EA	46.15	5	49
2	Keith	Dow	NCM	49.11	17	46
3	Jonathan	Istok	CBAT	51.08	20	46
4	John	Downey	NCM	53.46	31	49
5	Dallas	Figley	UNATT	55.06	39	49
6	Jimmy	Unger	EA	56.54	43	47
7	Duc	Van Tran	THB	65.56	53	46

50 - 54

1	Steve	Johnson	EA	43.19	2	53
2	Bob	Bruce	COMA	46.21	7	53
3	Jim	Teisher	THB	50.55	18	51
4	Myron	Schulman	MMSC	77.45	61	53

55 - 59

1	Tom	Landis	COMA	48.09	14	59
2	Dan	Gray	RVM	54.00	32	56
3	Richard	Juhala	NCM	66.24	54	58

60 - 64

1	Ralph	Mohr	COMA	54.28	37	60
2	Brent	Lake	COMA	54.55		
3	James	Beggs	SCAT	65.26	52	61

65 - 69

1	David	Rachcliff, A	THB	48.53	16	67
2	Lloyd	Weiseusee	MACO	74.48	60	68 W



Steve and Sara - Association Top Finishers



Dave and Jani - Morehouse Winners

Oregon Open Water Series 2001 Final Summary

(4 swimmers tied for the most points are in bold)

AgeGr	Pl.	Name	Team	Points
F 25-29	1	Eisenbeis, Tori	COMA	70
F 30-34	1	Himstreet, Julie	EA	92
	2	Halligan, Amy	COMA	72
	3	Milano, Andrea	PMS	68
	4	Holland, Erin	NCMS	31
	5	Smidt, Cyndi	COMA	21
F 35-39	1	Brooks, Kristin	COMA	83
	2	Allen, Karen	COMA	52
	3	Glaeser, Sharon	PMS	51
	4	Gittleman, Alex	CBAT	25
F 40-44	1	Samelson, Melora	CBAT	29
F 45-49	1	Holmberg, Madeleine	COMA	82
	2	Peterson, Connie	COMA	57
F 50-54	1	Sutherland, Jani	COMA	61
F 55-59	1	Himstreet, Pam	COMA	95
	2	Whiter, Peggy	COMA	64
F 60-64	1	Hodge, Peggy	COMA	98
M 30-34	1	Forest, Charles	THB	33
M 35-39	1	Higley, Rob	COMA	92
	2	VanDerZwan, David	SOM	62
	3	Spillman, John	SOM	16
M 40-44	1	Fairlee, Mark	COMA	89
	2	Soares, Don	RVM	63
	3	Douglas, Mike	COMA	56
M 45-49	1	Istok, Jonathan	CBAT	51
	2	Figley, Dalles	unat	44
	3	Ridenour, John	SCC	42
	4	Dow, Keith	UNAT	40
M 50-54	1	Johnson, Steve	EA	98
	2	Bruce, Bob	COMA	71
	3	Teisher, Jim	THB	64
M 55-59	1	Landis, Tom	COMA	98
	2	Gray, Dan	RVM	83
M 60-64	1	Lake, Brent	COMA	92
	2	Mohr, Ralph	COMA	79
M 65-69	1	Radcliff, Dave	THB	98



Open Water Series top point getters - four way tie with 98 points
Dave Radcliff, Peggy Hodge, Steve Johnson, Tom Landis (missing)

Team Results Oregon Open Water Association Championships

Large Teams:

1. COMA -	164	4. RVM -	9
2. E A -	42	5. CBAT -	8
3. THB -	29	6. PMS -	6

Small Teams:

1. NCMS -	24	7. FISH -	4
2. MACO -	20	7. MHM -	4
3. MY -	12	7. SOM -	4
		10. CAT -	3



Small
Team
Winners:
North
Clackamas
Master
Swimmers



Sara



LCM Nationals • Federal Way, WA • August 16 - 19

Women 25-29

50 LC Meter Freestyle			
6 Butcher, Jennifer	29 OREG	29.96	
100 LC Meter Freestyle			
5 Butcher, Jennifer	29 OREG	1:06.28	
200 LC Meter Freestyle			
8 Gorsline, Lisa	26 OREG	2:44.35	
400 LC Meter Freestyle			
1 Quan, Sara	29 OREG	4:46.98	
7 Gorsline, Lisa	26 OREG	5:43.59	
1500 LC Meter Freestyle			
1 Quan, Sara	29 OREG	18:29.45	
4 Gorsline, Lisa	26 OREG	23:09.33	
50 LC Meter Backstroke			
1 Butcher, Jennifer	29 OREG	34.04	
100 LC Meter Backstroke			
2 Butcher, Jennifer	29 OREG	1:13.28	
5 Heim, Theresa	29 OREG	1:22.52	
6 Criscione, Anicia	28 OREG	1:29.64	
200 LC Meter Backstroke			
3 Butcher, Jennifer	29 OREG	2:43.48	
4 Heim, Theresa	29 OREG	2:58.23	
5 Criscione, Anicia	28 OREG	3:11.67	
6 Gorsline, Lisa	26 OREG	3:16.88	
50 LC Meter Breaststroke			
4 Quan, Sara	29 OREG	39.35	
9 Criscione, Anicia	28 OREG	44.64	
100 LC Meter Breaststroke			
9 Butcher, Jennifer	29 OREG	1:33.22	
200 LC Meter Breaststroke			
8 Criscione, Anicia	28 OREG	3:27.84	
200 LC Meter Butterfly			
2 Criscione, Anicia	28 OREG	3:35.35	
400 LC Meter IM			
1 Quan, Sara	29 OREG	5:28.42	
6 Criscione, Anicia	28 OREG	6:39.95	

Women 30-34

50 LC Meter Freestyle			
7 Collson, Anne-Marie	34 OREG	31.21	
11 Milano, Andrea	34 OREG	32.68	
100 LC Meter Freestyle			
8 Collson, Anne-Marie	34 OREG	1:10.19	
10 Milano, Andrea	34 OREG	1:12.92	
11 Kilbourn, Laurie	34 OREG	1:21.06	
200 LC Meter Freestyle			

4 Himstreet, Julie	31 OREG	2:23.47	
400 LC Meter Freestyle			
6 Healey, Sandra	34 OREG	5:41.34	
7 Milano, Andrea	34 OREG	5:43.67	
800 LC Meter Freestyle			
7 Healey, Sandra	34 OREG	11:42.43	
200 LC Meter Backstroke			
1 Himstreet, Julie	31 OREG	2:42.75	
50 LC Meter Breaststroke			
11 Streeter, Susan	34 OREG	45.12	
12 Milano, Andrea	34 OREG	45.58	
100 LC Meter Breaststroke			
7 Healey, Sandra	34 OREG	1:31.54	
10 Streeter, Susan	34 OREG	1:39.42	
200 LC Meter Breaststroke			
6 Himstreet, Julie	31 OREG	3:11.48	
7 Healey, Sandra	34 OREG	3:17.61	
11 Kilbourn, Laurie	34 OREG	3:40.58	
50 LC Meter Butterfly			
10 Kilbourn, Laurie	34 OREG	36.83	
11 Collson, Anne-Marie	34 OREG	36.92	
200 LC Meter Butterfly			
2 Himstreet, Julie	31 OREG	2:47.75	
200 LC Meter IM			
5 Himstreet, Julie	31 OREG	2:43.30	
14 Healey, Sandra	34 OREG	3:02.07	
400 LC Meter IM			
5 Himstreet, Julie	31 OREG	5:45.01	

Women 35-39

50 LC Meter Freestyle			
8 Hecksel, Toni	35 OREG	31.09	
9 Glaeser, Sharon	37 OREG	31.25	
10 Rhoads, Renee	36 OREG	32.13	
13 Kahl, Pam	38 OREG	33.49	
15 Anderson, Ellen	38 OREG	40.38	
100 LC Meter Freestyle			
6 Hecksel, Toni	35 OREG	1:08.96	
8 Glaeser, Sharon	37 OREG	1:12.13	
9 Kahl, Pam	38 OREG	1:14.81	
13 Anderson, Ellen	38 OREG	1:31.97	
200 LC Meter Freestyle			
4 Halligan, Amy	35 OREG	2:27.11	
6 Hecksel, Toni	35 OREG	2:30.53	
400 LC Meter Freestyle			
6 Halligan, Amy	35 OREG	5:08.30	
7 Ferguson, Ellen	39 MACO	5:17.59	

9 Hoagland, Sarah	39 MACO	5:22.69	
10 Hecksel, Toni	35 OREG	5:24.65	
800 LC Meter Freestyle			
4 Hoagland, Sarah	39 MACO	10:56.38	
1500 LC Meter Freestyle			
1 Halligan, Amy	35 OREG	19:50.33	
200 LC Meter Backstroke			
8 Hoagland, Sarah	39 MACO	3:02.43	
9 Hecksel, Toni	35 OREG	3:03.95	
50 LC Meter Breaststroke			
9 Kahl, Pam	38 OREG	46.39	
200 LC Meter Breaststroke			
6 Glaeser, Sharon	37 OREG	3:29.03	
100 LC Meter Butterfly			
8 Hoagland, Sarah	39 MACO	1:23.72	
200 LC Meter IM			
5 Ferguson, Ellen	39 MACO	2:49.14	
11 Glaeser, Sharon	37 OREG	3:17.93	
400 LC Meter IM			
6 Hecksel, Toni	35 OREG	6:06.02	

Women 40-44

50 LC Meter Freestyle			
2 Andrus-Hughes, K.	44 OREG	29.30	
100 LC Meter Freestyle			
1 Andrus-Hughes, K.	44 OREG	1:04.14	
200 LC Meter Freestyle			
4 Andrus-Hughes, K.	44 OREG	2:23.82	
50 LC Meter Backstroke			
1 Andrus-Hughes, K.	44 OREG	33.77	
100 LC Meter Backstroke			
3 Andrus-Hughes, K.	44 OREG	1:14.01	
11 Fox, Christina	41 OREG	1:34.26	
200 LC Meter Backstroke			
3 Andrus-Hughes, K.	44 OREG	2:45.97	
8 Fox, Christina	41 OREG	3:21.79	
50 LC Meter Breaststroke			
1 Obletz, Becky	42 MACO	39.11	
9 Sanders, Janet	43 OREG	45.88	
100 LC Meter Breaststroke			
1 Obletz, Becky	42 MACO	1:25.36	
200 LC Meter Breaststroke			
2 Obletz, Becky	42 MACO	3:08.75	
5 Sanders, Janet	43 OREG	3:37.87	
50 LC Meter Butterfly			
6 Worden, Laura	44 OREG	33.21	

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**Becky****Gil**

14 Sanders, Janet 43 OREG 40.12
 100 LC Meter Butterfly
 9 Worden, Laura 44 OREG 1:16.64
 200 LC Meter Butterfly
 8 Worden, Laura 44 OREG 2:57.61
 10 Sanders, Janet 43 OREG 3:45.49
 200 LC Meter IM
 4 Oblatz, Becky 42 MACO 2:52.73
 7 Worden, Laura 44 OREG 2:54.10
 400 LC Meter IM
 6 Worden, Laura 44 OREG 6:12.18

Women 45-49

50 LC Meter Freestyle
 4 Jackson, Mary 45 OREG 31.74
 11 Clancey, Karin 47 OREG 42.01
 100 LC Meter Freestyle
1 Parisi, Robin 47 MACO 1:03.35
 200 LC Meter Freestyle
 2 Parisi, Robin 47 MACO 2:24.65
 1500 LC Meter Freestyle
 4 Hendryx, Teri 48 MACO 22:33.83
 7 Welborn, Jody 46 OREG 24:43.55
 50 LC Meter Backstroke
 5 Hendryx, Teri 48 MACO 38.04
 100 LC Meter Backstroke
 3 Parisi, Robin 47 MACO 1:17.51
 5 Hendryx, Teri 48 MACO 1:22.44
 200 LC Meter Backstroke
 6 Hendryx, Teri 48 MACO 3:01.60
 12 Asleson, Elke 49 OREG 3:30.40
 50 LC Meter Breaststroke
 2 Crabbe, Colette 45 OREG 38.81
 4 Jackson, Mary 45 OREG 41.08
 100 LC Meter Breaststroke
 2 Crabbe, Colette 45 OREG 1:22.90
 6 Hendryx, Teri 48 MACO 1:34.87
 11 Welborn, Jody 46 OREG 1:48.83
 200 LC Meter Breaststroke
1 Crabbe, Colette 45 OREG 2:57.24
 3 Parisi, Robin 47 MACO 3:08.98
 5 Hendryx, Teri 48 MACO 3:22.77
 14 Welborn, Jody 46 OREG 4:01.10
 50 LC Meter Butterfly
 9 Asleson, Elke 49 OREG 39.84
 100 LC Meter Butterfly
 10 Asleson, Elke 49 OREG 1:38.34
 200 LC Meter Butterfly
 8 Asleson, Elke 49 OREG 3:52.54

10 Welborn, Jody 46 OREG 4:22.68
 200 LC Meter IM
1 Crabbe, Colette 45 OREG 2:38.84
 3 Parisi, Robin 47 MACO 2:41.52
 11 Asleson, Elke 49 OREG 3:26.12
 400 LC Meter IM
1 Crabbe, Colette 45 OREG 5:44.80
 2 Parisi, Robin 47 MACO 5:51.38
 12 Asleson, Elke 49 OREG 7:28.67
 15 Welborn, Jody 46 OREG 7:43.36

Women 50-54

50 LC Meter Freestyle
 5 Call, Kathy 50 OREG 32.54
 12 Rousseau, Sandi 54 OREG 35.47
 14 Quattro, Jackie 54 OREG 35.82
 100 LC Meter Freestyle
 7 Rousseau, Sandi 54 OREG 1:21.38
 8 Quattro, Jackie 54 OREG 1:23.05
 200 LC Meter Freestyle
 11 Rousseau, Sandi 54 OREG 3:05.11
 400 LC Meter Freestyle
 7 Staley, Darlene 51 OREG 6:10.54
 18 Jenkins, Tam 53 OREG 7:10.98
 50 LC Meter Backstroke
 8 Quattro, Jackie 54 OREG 45.15
 100 LC Meter Backstroke
 6 Quattro, Jackie 54 OREG 1:38.08
 50 LC Meter Breaststroke
 4 Gettling, Janet 53 OREG 43.86
 6 Call, Kathy 50 OREG 44.79
 14 Quattro, Jackie 54 OREG 48.41
 15 Rousseau, Sandi 54 OREG 48.87
 100 LC Meter Breaststroke
 6 Gettling, Janet 53 OREG 1:41.34
 200 LC Meter Breaststroke
 5 Gettling, Janet 53 OREG 3:42.92
 50 LC Meter Butterfly
 6 Rousseau, Sandi 54 OREG 36.88
 7 Gettling, Janet 53 OREG 38.22
 100 LC Meter Butterfly
 5 Rousseau, Sandi 54 OREG 1:34.79
 6 Gettling, Janet 53 OREG 1:37.30
 200 LC Meter Butterfly
 3 Staley, Darlene 51 OREG 3:22.52
 6 Gettling, Janet 53 OREG 3:39.50

Women 55-59

50 LC Meter Freestyle

2 Ward, Joy 59 OREG 33.28
 200 LC Meter Freestyle
 11 Himstreet, Pam 58 OREG 3:14.87
 400 LC Meter Freestyle
 8 Himstreet, Pam 58 OREG 6:51.47
 1500 LC Meter Freestyle
 5 Himstreet, Pam 58 OREG 26:38.10
 50 LC Meter Backstroke
 2 Ward, Joy 59 OREG 39.76
 100 LC Meter Backstroke
 2 Ward, Joy 59 OREG 1:29.08
 200 LC Meter Backstroke
 4 Pierson, Ginger 55 MACO 3:27.32
 50 LC Meter Breaststroke
 2 Pierson, Ginger 55 MACO 41.55
 100 LC Meter Breaststroke
 2 Pierson, Ginger 55 MACO 1:32.91
 200 LC Meter Breaststroke
 3 Pierson, Ginger 55 MACO 3:24.71
 7 Himstreet, Pam 58 OREG 3:51.70
 50 LC Meter Butterfly
1 Ward, Joy 59 OREG 36.44
 100 LC Meter Butterfly
1 Pierson, Ginger 55 MACO 1:29.91
 200 LC Meter Butterfly
1 Pierson, Ginger 55 MACO 3:16.09
 400 LC Meter IM
 5 Himstreet, Pam 58 OREG 8:01.06

Women 60-64

50 LC Meter Freestyle
 2 Schumann, Susanne 64 MACO 36.73
 100 LC Meter Freestyle
 2 Schumann, Susanne 64 MACO 1:21.53
 50 LC Meter Breaststroke
 5 Schumann, Susanne 64 MACO 48.17
 100 LC Meter Breaststroke
 3 Schumann, Susanne 64 MACO 1:45.41
 200 LC Meter Breaststroke
 3 Schumann, Susanne 64 MACO 3:44.37

Women 65-69

50 LC Meter Freestyle
 3 Stoinoff, Lavelle 68 MACO 37.89
 100 LC Meter Freestyle
 3 Stoinoff, Lavelle 68 MACO 1:21.45
 200 LC Meter Freestyle
1 Stoinoff, Lavelle 68 MACO 2:54.24

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*Lavelle*

400 LC Meter Freestyle

1 Stoinoff, Lavelle 68 MACO 6:11.71

800 LC Meter Freestyle

1 Stoinoff, Lavelle 68 MACO 12:26.47

50 LC Meter Backstroke

4 L'Esperance, Beverly 69 OREG 1:06.72

100 LC Meter Backstroke

3 L'Esperance, Beverly 69 OREG 2:24.79

200 LC Meter Backstroke

1 Stoinoff, Lavelle 68 MACO 3:24.59

6 L'Esperance, Beverly 69 OREG 5:32.73

Women 70-74

200 LC Meter Freestyle

8 Austen, Betsy 74 MACO 4:53.27

400 LC Meter Freestyle

7 Austen, Betsy 74 MACO 10:04.40

1500 LC Meter Freestyle

3 Austen, Betsy 74 MACO 39:13.93

50 LC Meter Breaststroke

4 Bahler, Joyce 71 MACO 54.09

100 LC Meter Breaststroke

4 Bahler, Joyce 71 MACO 2:04.17

200 LC Meter Breaststroke

4 Bahler, Joyce 71 MACO 4:26.89

200 LC Meter IM

3 Bahler, Joyce 71 MACO 4:19.14

Women 75-79

200 LC Meter Backstroke

3 Wells, Margaret 75 OREG 5:06.17

50 LC Meter Butterfly

3 Wells, Margaret 75 OREG 1:11.48

100 LC Meter Butterfly

4 Wells, Margaret

200 LC Meter IM

4 Wells, Margaret

Women 80-84

50 LC Meter Freestyle

4 Bernardi, Norma 82 OREG 1:04.48

100 LC Meter Freestyle

3 Bernardi, Norma 82 OREG 2:23.34

50 LC Meter Backstroke

4 Bernardi, Norma 82 OREG 1:07.55

Women 85-89

50 LC Meter Freestyle

3 Hebert, Ada 85 OREG 1:15.96

100 LC Meter Freestyle

2 Hebert, Ada 85 OREG 2:39.13

50 LC Meter Backstroke

3 Hebert, Ada 85 OREG 1:32.81

100 LC Meter Backstroke

4 Hebert, Ada 85 OREG 3:28.13

Men 25-29

1500 LC Meter Freestyle

2 Scheller, C. 26 OREG 21:37.96

Men 30-34

50 LC Meter Freestyle

8 Soracco, Dixon 33 OREG 26.29

10 Rice, David 34 OREG 26.66

12 Hackley, Jeff 33 OREG 27.07

14 Butcher, Bryan 31 OREG 27.91

100 LC Meter Freestyle

6 Soracco, Dixon 33 OREG 58.63

*Bill*

9 Hackley, Jeff 33 OREG 1:00.20

11 Butcher, Bryan 31 OREG 1:02.21

14 Palmer, Jeffrey 33 OREG 1:09.11

15 Griffin, Steven 33 OREG 1:11.51

200 LC Meter Freestyle

9 Craig, Matthew 33 OREG 2:15.99

14 Forest, Charles 34 OREG 2:59.50

400 LC Meter Freestyle

2 Zolna, Bill 32 MACO 4:23.99

8 Craig, Matthew 33 OREG 4:53.20

11 Griffin, Steven 33 OREG 5:45.84

50 LC Meter Backstroke

7 Soracco, Dixon 33 OREG 35.40

50 LC Meter Breaststroke

5 Soracco, Dixon 33 OREG 34.48

7 Rand, Roger 31 OREG 34.85

9 Pospisil, Radek 32 OREG 35.73

10 Rice, David 34 OREG 35.91

100 LC Meter Breaststroke

5 Rand, Roger 31 OREG 1:17.98

8 Pospisil, Radek 32 OREG 1:20.09

9 Soracco, Dixon 33 OREG 1:20.30

200 LC Meter Breaststroke

5 Rand, Roger 31 OREG 2:49.78

6 Pospisil, Radek 32 OREG 2:54.54

8 Forest, Charles 34 OREG 3:33.61

50 LC Meter Butterfly

2 Zolna, Bill 32 MACO 27.24

6 Hackley, Jeff 33 OREG 28.48

7 Soracco, Dixon 33 OREG 28.88

13 Palmer, Jeffrey 33 OREG 33.55

continued on page 11*Julie**Dave*



15 Griffin, Steven	33 OREG	36.00
100 LC Meter Butterfly		
2 Zolna, Bill	32 MACO	59.50
6 Hackley, Jeff	33 OREG	1:04.54
11 Palmer, Jeffrey	33 OREG	1:14.96
200 LC Meter Butterfly		
1 Zolna, Bill	32 MACO	2:12.66
200 LC Meter IM		
2 Zolna, Bill	32 MACO	2:17.68
9 Hackley, Jeff	33 OREG	2:34.24
10 Craig, Matthew	33 OREG	2:36.08
11 Rand, Roger	31 OREG	2:38.28
400 LC Meter IM		
2 Zolna, Bill	32 MACO	4:54.89
7 Hackley, Jeff	33 OREG	5:39.56

Men 35-39

50 LC Meter Freestyle		
8 Parmentier, Steve	36 OREG	27.34
14 Gaarder, Chris	36 OREG	28.17
100 LC Meter Freestyle		
18 Gaarder, Chris	36 OREG	1:03.55
200 LC Meter Freestyle		
5 Stewart, Doug	37 OREG	2:05.51
15 Gaarder, Chris	36 OREG	2:31.43
400 LC Meter Freestyle		
2 Stewart, Doug	37 OREG	4:24.78
12 King, Phillip	35 OREG	5:00.37
800 LC Meter Freestyle		
4 Taylor, Sean	38 MACO	10:35.36
1500 LC Meter Freestyle		
2 Stewart, Doug	37 OREG	17:31.53
50 LC Meter Backstroke		

3 Hudson, John	35 OREG	31.20
4 Parmentier, Steve	36 OREG	31.55
100 LC Meter Backstroke		
4 Hudson, John	35 OREG	1:06.76
6 Parmentier, Steve	36 OREG	1:10.84
200 LC Meter Backstroke		
2 King, Phillip	35 OREG	2:28.96
50 LC Meter Breaststroke		
2 Hudson, John	35 OREG	31.40
10 Taylor, Sean	38 MACO	35.91
13 Gaarder, Chris	36 OREG	36.10
100 LC Meter Breaststroke		
2 Hudson, John	35 OREG	1:11.46
12 Taylor, Sean	38 MACO	1:27.02
200 LC Meter Breaststroke		
2 Hudson, John	35 OREG	2:37.50
8 Taylor, Sean	38 MACO	3:03.32
50 LC Meter Butterfly		
4 Parmentier, Steve	36 OREG	28.85
16 Gaarder, Chris	36 OREG	31.22
100 LC Meter Butterfly		
9 Parmentier, Steve	36 OREG	1:08.73
200 LC Meter Butterfly		
3 Stewart, Doug	37 OREG	2:18.49
200 LC Meter IM		
1 Stewart, Doug	37 OREG	2:21.59
3 Hudson, John	35 OREG	2:23.56
6 King, Phillip	35 OREG	2:30.16
400 LC Meter IM		
1 Stewart, Doug	37 OREG	5:01.03

Men 40-44

50 LC Meter Freestyle		
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15 Haslach, Timothy	40 MACO	27.20
18 Wren, Mark	43 OREG	28.59
22 Zehr, Wilson	40 MACO	31.59
100 LC Meter Freestyle		
17 Haslach, Timothy	40 MACO	1:00.80
20 Otto, Douglas	42 MACO	1:05.43
24 Zehr, Wilson	40 MACO	1:10.77
200 LC Meter Freestyle		
21 Haslach, Timothy	40 MACO	2:29.18
400 LC Meter Freestyle		
2 Baker, Dennis	40 OREG	4:16.35
6 Allender, Pat	43 OREG	4:31.54
1500 LC Meter Freestyle		
13 Dowd, Mike	43 MACO	23:23.82
100 LC Meter Backstroke		
9 Otto, Douglas	42 MACO	1:15.58
200 LC Meter Backstroke		
6 Otto, Douglas	42 MACO	2:42.05
50 LC Meter Breaststroke		
2 Allender, Pat	43 OREG	32.96
100 LC Meter Breaststroke		
2 Allender, Pat	43 OREG	1:12.62
13 Dowd, Mike	43 MACO	1:28.57
200 LC Meter Breaststroke		
2 Allender, Pat	43 OREG	2:36.95
9 Dowd, Mike	43 MACO	3:15.67
50 LC Meter Butterfly		
14 Wren, Mark	43 OREG	31.92
16 Zehr, Wilson	40 MACO	35.55
100 LC Meter Butterfly		
2 Baker, Dennis	40 OREG	58.66

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Robin



Joy

200 LC Meter Butterfly

1 Baker, Dennis 40 OREG 2:07.82

200 LC Meter IM

8 Allender, Pat 43 OREG 2:24.85

14 Wren, Mark 43 OREG 2:50.79

400 LC Meter IM

5 Allender, Pat 43 OREG 5:09.48

Men 45-49

50 LC Meter Freestyle

11 Kalil, Adrian 48 OREG 28.45

27 Helm, Charles 45 OREG 34.80

100 LC Meter Freestyle

13 Kalil, Adrian 48 OREG 1:03.08

20 Cobb, Ronald 45 OREG 1:06.85

25 Helm, Charles 45 OREG 1:20.91

200 LC Meter Freestyle

13 Kalil, Adrian 48 OREG 2:28.44

21 Helm, Charles 45 OREG 3:07.96

50 LC Meter Backstroke

1 Metzger, Peter 46 OREG 31.88

14 Kalil, Adrian 48 OREG 38.19

16 Darnell, Stephen 47 OREG 41.22

100 LC Meter Backstroke

1 Metzger, Peter 46 OREG 1:07.32

11 Kalil, Adrian 48 OREG 1:21.36

200 LC Meter Backstroke

3 Metzger, Peter 46 OREG 2:31.32

11 Cobb, Ronald 45 OREG 2:51.93

50 LC Meter Breaststroke

16 Darnell, Stephen 47 OREG 44.97

100 LC Meter Breaststroke

12 Darnell, Stephen 47 OREG 1:43.55

200 LC Meter Breaststroke

10 Cobb, Ronald 45 OREG 3:06.97

50 LC Meter Butterfly

7 Metzger, Peter 46 OREG 30.05

16 Darnell, Stephen 47 OREG 39.16

100 LC Meter Butterfly

6 Metzger, Peter 46 OREG 1:09.36

200 LC Meter IM

8 Metzger, Peter 46 OREG 2:35.76

Men 50-54

50 LC Meter Freestyle

8 Maestre, Robert 51 MACO 28.26

12 Worden, Mark 50 OREG 29.37

13 Cronin, Jed 53 OREG 29.60

18 Parisi, Frank 53 MACO 34.74

10 Maestre, Robert

200 LC Meter Freestyle

8 Maestre, Robert

10 Worden, Mark

400 LC Meter Freestyle

10 Macaulay, Thomas

11 Bruce, Robert

13 Maestre, Robert

14 Worden, Mark

1500 LC Meter Freestyle

2 Johnson, Steve

10 Bruce, Robert

13 Macaulay, Thomas

14 Cronin, Jed

100 LC Meter Backstroke

8 Maestre, Robert

200 LC Meter Backstroke

8 Maestre, Robert

50 LC Meter Breaststroke

4 Stark, Allen

14 Parisi, Frank

100 LC Meter Breaststroke

3 Stark, Allen

200 LC Meter Breaststroke

4 Stark, Allen

50 LC Meter Butterfly

14 Cronin, Jed

16 Parisi, Frank

100 LC Meter Butterfly

11 Cronin, Jed

200 LC Meter IM

8 Worden, Mark

9 Macaulay, Thomas

400 LC Meter IM

8 Worden, Mark

Men 55-59

50 LC Meter Freestyle

6 Smith, Robert

15 Von Tagen, Karl

17 Landis, Tom

20 Lambert, Roy

100 LC Meter Freestyle

7 Smith, Robert

8 Landis, Tom

10 Von Tagen, Karl

200 LC Meter Freestyle

4 Landis, Tom

100 LC Meter Freestyle

51 MACO 1:04.55

51 MACO 2:26.62

50 OREG 2:29.21

52 OREG 5:18.77

53 OREG 5:20.73

51 MACO 5:26.52

50 OREG 5:31.46

53 OREG 19:15.59

53 OREG 21:10.06

52 OREG 21:13.61

53 OREG 21:57.58

51 MACO 1:21.51

51 MACO 2:55.35

52 OREG 34.55

53 MACO 41.47

52 OREG 1:18.15

52 OREG 2:52.90

53 OREG 32.78

53 MACO 39.68

53 OREG 1:17.69

50 OREG 2:47.85

52 OREG 2:55.74

50 OREG 6:04.30

58 OREG 28.03

58 MACO 29.18

59 OREG 29.43

55 OREG 32.04

58 OREG 1:04.15

59 OREG 1:04.96

58 MACO 1:05.71

59 OREG 2:23.92

15 Lambert, Roy 55 OREG 2:42.99

400 LC Meter Freestyle

5 Landis, Tom 59 OREG 5:21.36

800 LC Meter Freestyle

6 Lambert, Roy 55 OREG 12:44.01

1500 LC Meter Freestyle

3 Landis, Tom 59 OREG 20:52.12

50 LC Meter Backstroke

3 Smith, Robert 58 OREG 33.04

100 LC Meter Backstroke

4 Smith, Robert 58 OREG 1:14.83

200 LC Meter Backstroke

10 Juhala, Richard 58 OREG 3:49.80

50 LC Meter Breaststroke

5 Smith, Robert 58 OREG 37.75

6 Lambert, Roy 55 OREG 38.46

13 Juhala, Richard 58 OREG 45.43

100 LC Meter Breaststroke

5 Lambert, Roy 55 OREG 1:26.28

200 LC Meter Breaststroke

5 Lambert, Roy 55 OREG 3:08.46

10 Juhala, Richard 58 OREG 3:57.31

50 LC Meter Butterfly

5 Smith, Robert 58 OREG 30.79

9 Von Tagen, Karl 58 MACO 31.74

200 LC Meter Butterfly

4 Juhala, Richard 58 OREG 4:05.08

200 LC Meter IM

12 Landis, Tom 59 OREG 2:56.80

Men 60-64

50 LC Meter Freestyle

9 Hiatt, Chris 61 OREG 32.19

12 Wong, Jack 63 MACO 38.24

800 LC Meter Freestyle

6 Keudell, David 61 OREG 15:07.26

50 LC Meter Backstroke

7 Hiatt, Chris 61 OREG 38.12

100 LC Meter Backstroke

3 Hiatt, Chris 61 OREG 1:20.13

50 LC Meter Breaststroke

12 Wong, Jack 63 MACO 47.50

100 LC Meter Breaststroke

7 Keudell, David 61 OREG 1:40.72

200 LC Meter Breaststroke

7 Keudell, David 61 OREG 3:45.90

50 LC Meter Butterfly

1 Petersen, Bert 63 OREG 30.88

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100 LC Meter Butterfly

1 Petersen, Bert 63 OREG 1:12.34

200 LC Meter IM

5 Petersen, Bert 63 OREG 3:06.95

Men 65-69

50 LC Meter Freestyle

2 Radcliff, David 67 OREG 30.38

9 Falk, Thomas 66 MACO 41.84

100 LC Meter Freestyle

2 Radcliff, David 67 OREG 1:07.52

11 Falk, Thomas 66 MACO 1:38.21

200 LC Meter Freestyle

2 Radcliff, David 67 OREG 2:30.30

7 Welch, Arthur 69 OREG 3:20.63

400 LC Meter Freestyle

2 Radcliff, David 67 OREG 5:25.71

5 Welch, Arthur 69 OREG 6:57.17

800 LC Meter Freestyle

3 Welch, Arthur 69 OREG 14:33.76

1500 LC Meter Freestyle

1 Radcliff, David 67 OREG 21:57.87

50 LC Meter Backstroke

8 Welch, Arthur 69 OREG 49.67

100 LC Meter Backstroke

9 Welch, Arthur 69 OREG 1:48.21

200 LC Meter Backstroke

5 Welch, Arthur 69 OREG 3:52.21

Men 70-74

200 LC Meter Freestyle

9 Austen, Clark 74 MACO 4:24.95

400 LC Meter Freestyle

9 Austen, Clark 74 MACO 10:25.06

1500 LC Meter Freestyle

7 Austen, Clark 74 MACO 36:40.50

Men 75-79

50 LC Meter Freestyle

4 Young, Gilbert 79 OREG 37.72

100 LC Meter Freestyle

4 Young, Gilbert 79 OREG 1:26.74

200 LC Meter Freestyle

1 Young, Gilbert 79 OREG 3:18.06

1500 LC Meter Freestyle

1 Young, Gilbert 79 OREG 28:02.58

50 LC Meter Backstroke

3 Elliott, Floyd 75 OREG 41.39

6 Young, Gilbert 79 OREG 51.53

100 LC Meter Backstroke

2 Elliott, Floyd

8 Young, Gilbert

200 LC Meter Backstroke

2 Elliott, Floyd

Relays

Women 100-119 200 LC Meter Free Relay

1 OREG 2:07.27

1) Butcher, J. 29

3) Gorsline, L. 26

Women 100-119 200 LC Meter Medley Relay

2 OREG

1) Himstreet, J. 31

3) Gorsline, L. 26

Women 160-199 200 LC Meter Free Relay

2 OREG

1) Hecksel, T. 35

3) Crabbe, C. 45 4) Andrus-Hughes, K. 44

3 MACO

1) Parisi, R. 47

3) Hendryx, T. 48

Women 160-199 200 LC Meter Medley Relay

4 OREG

1) Andrus-Hughes, K. 44 2) Crabbe, C. 45

3) Hecksel, T. 35

4) Glaeser, S. 37

Women 200-239 200 LC Meter Free Relay

3 OREG

1) Rousseau, S. 54

3) Gettling, J. 53

Women 240-279 200 LC Meter Free Relay

2 MACO

1) Stoinoff, L. 68

3) Pierson, G. 55

Women 240-279 200 LC Meter Medley Relay

2 MACO

1) Hendryx, T. 48

3) Pierson, G. 55

3 OREG

1) Ward, J. 59

3) Rousseau, S. 54

Women 280-319 200 LC Meter Free Relay

Men 120-159 200 LC Meter Free Relay

2 OREG

1) Hackley, J. 33

3) Parmentier, S. 36

Men 120-159 200 LC Meter Medley Relay

1 OREG 2:00.84

1) Parmentier, S. 36

3) Hackley, J. 33

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

75 OREG 3:26.19

75 OREG 1:32.44

79 OREG 1:58.66

Men 160-199 200 LC Meter Free Relay

2 OREG

1) Allender, P. 43

3) Baker, D. 40

6 MACO

1) Dowd, M. 43

3) Maestre, R. 51

Men 160-199 200 LC Meter Medley Relay

3 OREG

1) Metzger, P. 46

3) Soracco, D. 33

6 MACO

1) Otto, D. 42

3) Von Tagen, K. 58

Men 200-239 200 LC Meter Free Relay

6 OREG

1) Stark, A. 52

3) Kalil, A. 48

Men 240-279 200 LC Meter Free Relay

3 OREG

1) Radcliff, D. 67

3) Landis, T. 59

8 OREG

1) Helm, C. 45

3) Lambert, R. 55

Men 240-279 200 LC Meter Medley Relay

1 OREG 2:06.28

1) Smith, R. 58

3) Petersen, B. 63

Mixed 120-159 200 LC Meter Free Relay

1 OREG 1:53.70

1) Soracco, D. 33

3) Himstreet, J. 31

4 OREG

1) Stewart, D. 37

3) Collson, A. 34

5 OREG

1) Pospisil, R. 32

3) Milano, A. 34

Mixed 120-159 200 LC Meter Medley Relay

3 OREG

1) Himstreet, J. 31

3) Baker, D. 40

6 OREG

1) Parmentier, S. 36

3) Hackley, J. 33

continued on page 14

1) Allender, P. 43

2) Metzger, P. 46

4) Stewart, D. 37

1:55.54

2) Taylor, S. 38

4) Haslach, T. 40

2:01.24

2) Allender, P. 43

4) Landis, T. 59

2:12.45

2) Dowd, M. 43

4) Maestre, R. 51

1:56.53

2) Cronin, J. 53

4) Bruce, R. 53

1:55.17

2) Petersen, B. 63

4) Smith, R. 58

2:28.81

2) Young, G. 79

4) Welch, A. 69

2:06.28

2) Stark, A. 52

4) Radcliff, D. 67

1:53.70

2) Butcher, J. 29

4) Hackley, J. 33

1:59.17

2) Gorsline, L. 26

4) King, P. 35

2:04.03

2) Criscione, A. 28

4) Gaarder, C. 36

2:03.50

2) Hudson, J. 35

4) Butcher, J. 29

2:13.25

2) Quan, S. 29

4) Gorsline, L. 26

Mixed 160-199 200 LC Meter Free Relay**1 OREG 1:51.44****1) Baker, D. 40 2) Allender, P. 43****3) Hecksel, T. 35 4) Andrus-Hughes, K. 44****2 MACO 1:52.07**

1) Obletz, B. 42 2) Parisi, R. 47

3) Haslach, T. 40 4) Zolna, B. 32

7 OREG 1:56.38

1) Wren, M. 43 2) Metzger, P. 46

3) Glaeser, S. 37 4) Rhoads, R. 36

Mixed 160-199 200 LC Meter Medley Relay**2 OREG 2:09.09**

1) Metzger, P. 46 2) Allender, P. 43

3) Worden, L. 44 4) Hecksel, T. 35

7 MACO 2:13.54

1) Hendryx, T. 48 2) Obletz, B. 42

3) Zolna, B. 32 4) Haslach, T. 40

Mixed 200-239 200 LC Meter Free Relay**3 OREG 1:57.34**

1) Crabbe, C. 45 2) Jackson, M. 45

3) Bruce, R. 53 4) Smith, R. 58

9 OREG 2:08.17

1) Call, K. 50 2) Macaulay, T. 52

3) Quattro, J. 54 4) Cronin, J. 53

11 MACO 2:12.57

1) Maestre, R. 51 2) Hendryx, T. 48

3) Pierson, G. 55 4) Parisi, F. 53

Mixed 200-239 200 LC Meter Medley Relay**3 OREG 2:14.01**

1) Andrus-Hughes, K. 44 2) Stark, A. 52

3) Landis, T. 59 4) Rousseau, S. 54

5 OREG 2:18.24

1) Smith, R. 58 2) Crabbe, C. 45

3) Cronin, J. 53 4) Quattro, J. 54

9 MACO 2:33.40

1) Maestre, R. 51 2) Pierson, G. 55

3) Taylor, S. 38 4) Stoinoff, L. 68

Mixed 240-279 200 LC Meter Free Relay**1 OREG 2:06.70****1) Petersen, B. 63 2) Gettling, J. 53****3) Ward, J. 59 4) Radcliff, D. 67****6 OREG 2:23.70**

1) Rousseau, S. 54 2) Young, G. 79

3) Himstreet, P. 58 4) Landis, T. 59

8 MACO 2:25.73

1) Schumann, S. 64 2) Falk, T. 66

3) Stoinoff, L. 68 4) Von Tagen, K. 58

Mixed 240-279 200 LC Meter Medley Relay**1 OREG 2:23.92****1) Ward, J. 59 2) Gettling, J. 53****3) Petersen, B. 63 4) Radcliff, D. 67****9 MACO 3:11.47**

1) Bahler, J. 71 2) Schumann, S. 64

3) Dowd, M. 43 4) Austen, C. 74

Mixed 280-319 200 LC Meter Free Relay**6 MACO 3:28.17**

1) Bahler, J. 71 2) Wong, J. 63

3) Austen, B. 74 4) Austen, C. 74

Mixed 280-319 200 LC Meter Medley Relay**6 OREG 4:08.80**

1) Bernardi, N. 82 2) Welch, A. 69

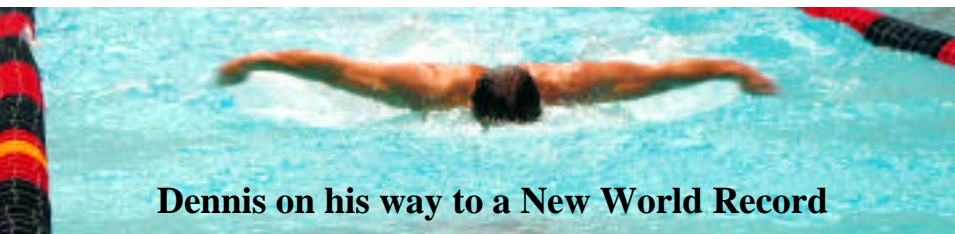
3) Wells, M. 75 4) Young, G. 79



First Place 120-159 Mens 200 Medley Relay: 1) Steve Parmentier, 2) Roger Rand, 3) Jeff Hackley, 4) Phil King,



First Place and World Record 240-279 Mens 200 Medley Relay: 1) Dave Radcliff, 2) Bert Petersen, 3) Alan Stark, 4) Robert Smith



Dennis on his way to a New World Record

SCM Zone Entry Blank

**go to the Calendar and Entry form section of this web site
and click on the meet for your copy of the entry blank**



United States Olympic Training Center

Mental Imagery - Strategies to Deal with the Pressure: Self Talk

by Sandi Rousseau

Learning to control thoughts and images can greatly improve one's chances of performing to the best of one's ability and handling the pressure in competition. Awareness of how various distractions and pressures affect your performance is the first step. Preparing yourself to deal with the pressures is then necessary. There are several strategies to overcome negative thoughts, but one I will focus on here is Self Talk.

Self Talk includes all of the purposeful and random thoughts that run through an athlete's mind. This includes both silent and out loud thoughts and can be either positive or negative. Positive self talk can get us motivated and focused, e.g. "you can do it", whereas negative talk can be pessimistic and critical, e.g. "you are not in shape, so you might as well give up".

Negative self talk definitely does not help performance and in most cases probably hurts performance. Recognize that negative talk is going to occur to some degree, but learning to focus on the positives rather than the negatives is the key to success.

When Self Talk Goes Awry: There are several common self talk errors. These include:

1. Focusing on the past or future, e.g. "I raced so bad the last time I was here" Let go of past mistakes or bad experiences. Focus on the "right now" and not what "may be".
2. Focusing on weaknesses during competition, e.g. "My fly has been horrible lately" or "my start has been slow". Work on weaknesses during practice only as dwelling on them during competition will erode confidence. Focus on your strengths by using positive thoughts.
3. Focusing only on the outcome. e.g. "I must win" or "I have to make a certain time". These type of thoughts direct athletes to the outcome over which one has little control. You can control performance, however, so direct self talk toward what needs to be done to be successful and trust that the outcome will take care of itself.
4. Focusing on uncontrollable factors, e.g. "I hate swimming in the cold weather". Statements like these are a mental waste of energy and direct thoughts away from where they should be. Keep thoughts on controllable factors.
5. Demanding perfection, e.g. "I better swim a PR" or "my turns have to be perfect". It is appropriate to work toward perfection, but it is unrealistic to expect perfection in every performance.

Stopping Negative Self Talk: Just like the physical skills demanded by swimming, controlling self talk is also a skill. Some swimmers have gotten into a pattern of negative, defeating self talk and may no longer be aware of it as it happens so automatically. Learning to gain control of this can be difficult, but making a conscious effort to include only those thoughts that seem to help performance will assist in this process.

Thought Stopping is the most common technique used to introduce positive thoughts and eliminate negative thoughts.

Four steps to thought stopping include:

1. **Become Aware of Self Talk:** Increase your awareness of what you say to yourself and in what situations you think each thought. For example, at the start of the meet you may be feeling confident and say to yourself that you are going to crush your opponent, but you may think more negative thoughts when you are tired near the end of the meet.
2. **Stop the Negative:** Stop the negative self talk once you recognize it. This is easier said than done, but visualizing a red stop sign can be a good cue to use.
3. **Replace with Positive:** Identify the positive thoughts and fill your mind to the brim with only positives. Imagine that there is no room for negatives.
4. **Practice Thought Stopping:** Practice, practice, practice stopping and replacing negative talk. At first being very conscious of our negative thoughts is necessary, but over time thought stopping will become automatic and positive self talk will become second nature.

In profiles that have been done on our Olympic swimmers, there is consistent usage of psychological skills that benefit their mental preparation and readiness. High self confidence levels, the ability to stay focused, and well developed coping strategies were all influential in positive performances. We may not be swimming those Olympic times, but we can experience our peak performances if we practice some mental imagery!



You can help!! It's a new season and time to cut down on the hours and hours our under-

paid volunteers spend processing entries. We know you will change now that you know the desired way to package you entry. So read on:

First, use a standard 4 1/8 X 9 envelope. The little ones slip through the piles of larger envelopes.

Second, for pool meets, cut the form where it says, "return lower portion." Then all the forms are the same size. The open water swim forms seem to let you avoid this step.



Oregon and MAC do well at Long Course Nationals

COLETTE CRABBE(45-49) set 3 NR's : 200 Breast 2:57.24, 200 IM 2:38.84, 400 IM 5:44.80, she is definitely OMS's Swimmer of the meet. Add 2 ZR's 50/100 Breast 38.81(TT1) and 100 Breast 1:22.90(TT1) It has been a while since OMS has had a swimmer in this rare atmosphere. The NR's were also World Records !!!

Women 25-29 : SARA QUAN was OUTSTANDING - Sara set Zone Records for the 400 Free 4:46.98, 1500 18:29.45 ,both times look AA, add 400 IM 5:28.42 (TT3)picking up the GOLD. JENNIFER BUTCHER tallied a ZONE in the 100 Back 1:13.28(TT2) for SILVER, GOLD in then 50 Back OMS BEST 34.04, Bronze 200 Back 2:43.48(TT4) ANICIACRISCIONE a SILVER in the 200 Fly.

Women 30-34 : JULIE HIMSTREET a GOLD 200 Back-2:42.75(TT4) plus a SILVER finish for the 200 Fly, new OMS 2:47.75(TT6), 4th 200 Free 2:23.47, 5ths for the 200/400

Meet Entry Forms

Third, always include a copy of your USMS card, BUT....

1. Send only the part with your name. (We don't need the back - we know the registrar's name, already)
2. Don't enlarge your card. It won't make you swim any faster!
3. Don't send it on a big sheet of paper. Cut it out so it is the size of your actual card. (It's nice to Xerox and cut a year's supply of little cards when you re-register so they handy and ready to go).
4. For pool meets, staple just the copy of the card to the back of the form on the left top corner. For Open Water swims staple it to the front left corner. Yes, there is logic here. Pool meets are

run on one standard computer program and the card is used only for checking your information so it can be stapled to the back, out of the way. For an open water swim, your name and information is entered each time so the card needs to be there where they can read it. (That's because some of you write in a way that only you can read it) And finally, please don't staple your check to anything! Leave it loose and save fingernails of Gary Whitman, his family, and the open water race directors. It won't get lost, trust us.

You will be sending in your first pool entries in October. Let's have them all uniformly packaged for the new season. Thanks, Pam Himstreet



IMs:2:43.30(TT6)),5:45.01(TT5).

Women 35-39 : AMY HALLIGAN new OMS 1500 19:50.33(TT7), ELLEN FERGUSON (MAC) new OMS 200 IM 2:49.14, TONI HECKSEL new OMS 400 IM 6:06.02

Women 40-44 : KAREN ANDRUS-HUGHES - FOUR ZONES -50, 100 ,200 Fre29.30(TT7) Silver, 1:04.14 (TT6)Gold, 4th 2:23.82(TT5), GOLD for the 50 Back 33.77 a probable AA, Bronze 100 Back 1:14.01, Bronze 200 Back 2:45.97(TT2), BECKY OBLETZ (MAC) Gold for the 50/100 Breast-39.11, 1:25.36, add a Silver for the 200 3:08.75 OMS REC 200 IM 2:52.73. LAURAWORDEN OMS REC 100 Fly - 1:16.64. This group posted 9 new Records , 4 were Zones.

Women 45-49 : ROBIN PARISI (MAC) posted new ZONES : 100 Free 1:03.35(TT2) 200 Free 2:24.65 (TT3), 100 Back 1:17.51 add Silver for the 200 Breast & 400 IM, plus a Bronze for the 200 IM. MARY JACKSON a new OMS 50 Free 31.74. TERI HENDRYX (MAC) OMS record 1500 Free 22:33.83.

Women 50-54 : KATHY CALL new OMS best 50 Free 32.54(TT8). Janet Gettling, Sandi Rousseau, and Darlene Staley all posted Top Ten times, with Staley grabbing the Bronze for the 200 Fly.

Women 55-59 : JOYWARD two bright and shiny new ZONES: 50/100 Back 39.76 (AA), 1:29.08(TT2) plus a probable AA50 Fly at 36.44. GINGER PIERSON 5 Zones: 50/100/200 Breast 41.55,1:32.91,3:24.71, 100/200 Fly 1:29.91(TT1), 3:16.09 (TT1 and a National Record) Pam Himstreet made TT in the 1500 and 400 IM.

Women 60-64 : SUSANNE SCHUMANN (MAC) Zone Bests-50/100 Breast 48.17/ 1:45.41. Should be TT3/4 with a TT3 for the 200 Breast 3:44.37. Susanne had a Top Ten Day, 50 Fr ee36.73(TT5) and 100 Free 1:21.53(TT2), this was Schumann's best showing ever at the national level. Two Silvers and Two Bronze.

Women 65-69 : LAVELLE STOINOFF reentered the "arena" with 4 All American performances - 200, *continued on page 18*

ol'Barn continued from page 17

400-800 Free and the 200 Back - 4 GOLDS and a Silver. Her 12:26.47 in the 800 almost broke her NR. Beverly L'Esperance swam for a Bronze in the 100 Back.

Women 70-74 : JOYCE BAHLER (MAC) posted 4 Zone Records : 50/100/ 200 Breast 54.09(TT5), 2:04.17 (TT6), 4:26.89(TT4), plus the 200 IM 4:19.14(TT6) Betsy Austen of MAC swam for the Bronze in the 1500. Bahler picked up a Bronze for the 200 IM.

Women 75-79 : MARGARET WELLS - OMS 200 Back 5:06.17(TT8), ZONE for the 50 Fly 1:11.48, and 100 Fly 2:41.91(TT5) plus a 4th in the 200 IM, Wells also came in 4th in the 200 IM. 2 Bronzes and 2 4ths.

Women 80-84 : Norma Bernardi - 4th 50 Fr 1:04.48, Bronze 100 Free 2:23.34 (TT10), 4th in the 50 Back 1:07.55(TT4).

Women 85-89 : Ada Hebert - Silver 100Fr 2:39.13(TT3), Bronze 50 Free 1:15.96(TT4) Bronze 50 Back 1:32.81 (TT4), 4th 100 Back 3:28.13(TT6)

Men 25-29 : Christopher Scheller grabbed the Silver in the 1500-21:37.96 (TT8)

Men 30-34 : BILL ZOLNA(MAC) a Silver in the 400 Free 4:23.99, add a Silver in

the 50/100 Fly, 100-59.50 was excellent, his 200 Fly 2:12.66 (AA) with a Gold and a new Zone. Plus a Silver in the 200 IM and 400 IM, best of these was a new Zone best in the 400 at 4:54.89.

Men 35-39 : JOHN HUDSON warmed up with a Bronze for the 50 Back 31.20, a 4th in the 100-1:06.76 (TT8), then we climaxed with 3 Silvers 50/100/200 Breast, 50-31.40

ZR, 100 1:11.46, and OMS 200 2:37.50 all maybe TT#. Phil King latched on to the Silver in the 200 Back 2:28.96(TT9) DOUG STEWART 1500 in OMS BEST-17:31.53

may stand for All America. Bronze 200 Fly 2:18.49(TT2), also

OMS best 200 IM 2:21.59(TT3) for GOLD, and 400 IM a BIG GOLD 5:01.03(TT2) Doug came home with 2 Golds, 2 Silvers and a Bronze.

Men 40-44 : DENNIS BAKER was not satisfied with his 200 Fly so spun a 2:07.82 for a new NR, also a Zone in the 100 Fly 58.66 plus a AA400 Free 4:16.35, for a Gold and 2 Silvers. Pat Allender gathered in 3 Silvers for the Breast. Pat came close to his records in all 3 races.

Men 45-49 : PETER METZGER set two zones for the back-100-1:07.32, 200 2:31.32 for two Golds and a Bronze. Peter scored points for OMS in ALL of his events.

Men 50-54 : STEVE JOHNSON a new Zone for the 1500-19:15.59(TT3) for the Silver. Allen Stark brought home the Bronze in the 100 Breast 1:18.15. Mark Worden scored points for OMS in both the 200/400 IM. Robert Maestre scored points for MAC in 5 out of 6 events.

Men 55-59 : TOM LANDIS posted a new Zone best for the 1500 - 20:52.12, he cut it close though, his old record was 20:52.40, winning the Bronze, Tom also posted a new Zone for the 200 Free 2:23.92. Robert Smith gathered in the Bronze for the 50 Back at 33.04. ROY LAMBERT turned in a new Zone for the 200 Breast 3:08.46. Maybe a TT8.

Men 60-64 : CHRIS HIATT a new OMS 100 Back 1:20.13, was Elliott '87 1:23.73. BERT PETERSEN (WORLD'S FLY SPRINTER) a new NATIONAL RECORD for the 100 Fly 1:12.34, was his at 1:14.25, his 50 in 30.88 looks good enough for AA.

Men 65-69 : David Radcliff gathered in the Gold for the 1500 - a new Zone - 21:57.87 may hold up for All America. David also swam for 4 Silvers, the 200 and 400 Free were new Zone bests (2:30.30 and 5:25.71) Arthur Welch, our pride and joy,

grabbed a Bronze in the 800, then scored

points in all the rest of his events. Way to go, Arthur !

Men 70-74 : Clark Austen scored points for MAC in all of his events.

Men 75-79 : Gil Young swam for the GOLD in the 200 Free and the 1500. FLOYD ELIOTT posted three new Zone records in the backstroke- 50-41.39, 100-1:32.44, 200-3:26.19, for the Bronze and two Silvers.

RELAYS : Butcher, Himstreet, Gorsline and Quan a GOLD for Oregon in the 100 plus 200 Free.

Silver in the 100 plus Medley for Himstreet, Criscione, Gorsline and Milano.

Silver - 160 plus 200 Free : Hecksel, Worden, Crabbe, Andrus-Hughes New OMS Record - 2:04.20

OMS Record - 160 plus Medley : 2:17.95 - Andrus-Hughes, Crabbe, Hecksel, Glaeser.

Bronze and an OMS Record : 200 plus 200 Free Relay: 2:20.47, Rousseau, Quattro, Gettling, Ward.

A Record Bronze 240 plus Medley - 2:57.79 - Ward, Himstreet, Rousseau and L'Esperance.

MACO - Bronze - 160 plus 200 Free Relay - 2:04.47 Parisi, Hoagland, Hendryx and Obletz

Silver - 240 plus 200 Free Relay - 2:42.56 Stoinoff, Schumann, Pierson, Bahler

Silver - 240 Plus 200 Medley Relay - 2:55.99 Hendryx, Bahler, Pierson, Stoinoff

Silver - 160 plus 200 Free Relay - 1:52.07 Obletz, Parisi, Haslach, Zolna

OREGON - Silver -120 plus 200 Free Relay - 1:47.17 Hackley, Soracco, Parmentier, Hudson

Gold - 120 plus 200 Medley Relay - 2:00.84 Parmentier, Rand, Hackley, King

Silver - 160 plus 200 Free Relay - 1:46.61 Allender, Metzger, Baker, Stewart

continued on page 19

ol'Barn continued from page 18

Bronze - 160 Plus Medley Relay -
2:01.24 Metzger, Allender, Soracco,
Landis

Bronze - 240 plus Free Relay -
1:55.17 (OMS Record) Radcliff,
Petersen, Landis, Smith

Gold - 240 plus - Medley Relay -
2:06.28 (OMS Record) Smith, Stark,
Petersen, Radcliff

Gold - 120 plus - Mixed - Free Relay -
1:53.70 Soracco, Butcher, Himstreet,
Hackley

Bronze - 120 plus - Mixed Medley -
2:03.50 Himstreet, Hudson, Baker,
Butcher

Gold - 160 plus - Mixed Free -
1:51.44 (OMS Record) Baker,
Allender, Hecksel, Andrus-Hughes

Silver - 160 Plus - Mixed Medley -
2:09.09 Metzger, Allender, Worden,
Hecksel

Bronze 200 Plus - Mixed Free -
1:57.34 (OMS Record) Crabbe,
Jackson, Bruce, Smith

Bronze - 200 Plus - Mixed Medley -

2:14.01 Andrus-Hughes, Stark,
Landis, Rousseau

Gold - 240 Plus - Mixed Free Relay
- 2:06.70 (OMS Record) Petersen,
Gettling, Ward, Radcliff

Gold - 240 Plus - Mixed Medley
Relay - 2:23.92 (OMS Rec) Ward,
Gettling, Petersen, Radcliff

OB Note : All OMS Relay Teams fin-
ished in the money, lowest finish was
one 9th, that means that the Relay
Teams were a BIG factor in OMS's
final Score. MACO had similar results
from their relay teams, WELL DONE.

Oregon Masters Remembers Helena Hoffman

We lost Helena Hoffman on August 11th, she was 85. Helena swam for Oregon Masters and the Barracuda Swim Team at Tualatin Hills.

She was born in Forest Grove in 1916, a member of the Walker and Harrington pioneer families that arrived in Washington County in the 1840's. She received a PhD in education from the University of Portland, and was a special education teacher in the Beaverton School District.

Helena joined Oregon Masters in 1987, training with the Barracudas at Tualatin Hills and competing in just about every meet into the year 1998. The meet at PSU in '88 was her coming out party in the 70-74 age group, she had four firsts with Top Ten Times in the 50 and 100 Back. Nationally, she was sure bet to win Top Ten Honors and Medals at many National Championship Meets. Helena only worried us when she was assigned a spot on a relay team at a Nationals, she was hard to find, but when found, swam well and did Oregon proud.

Helena bows out the record holder in many events at the Association and Zone level. Thanks Helena, we will miss you.

Time to Volunteer - OMS Needs You!

Oregon Swimming has been top notch because of the work of many dedicated volunteers and a wonderful group of swimmers in the Oregon LMSC. Three of these volunteers are leaving their positions. Bob Bruce has moved from Coaches Rep to Long Distance Chair. Murali Krishna, Top Ten Chair, has moved out of the area. Donna Ryan, Awards Chair, has found it necessary to resign. We need three people to volunteer for these positions. How about helping OMS? Check out the three positions and give Chair Jeanne Teisher a call.

WANTED:

Coaches Rep

What:

Recruit and work with other Coaches and develop a coaches group. Help organize Clinics and Host Coach program at meets. Write articles for the Aqua Master. Help organize relays at Nationals. Is a voting member of OMS Board.

Top Ten Chair

What:

The Top Ten Chair (1) collects swim meet data (by computer) and consolidates it into a Top Ten Report which is submitted to the National USMS Organization; (2) documents National Record Swims and submits them for National recognition. Is a voting member of OMS Board.

Awards Chair

What:

Responsible for Awards for Association Meet and ribbons/awards for other meets. Designs T shirts and swim caps for OMS and National Travel Teams. Controls inventory of items. Is a voting member of OMS Board.

Call or email Jeanne Teisher to volunteer or for additional information
(503) 574-4557 or jeanne.teisher@nike.com

Tigard / Tualatin Entry Blank

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and click on the meet for your copy of the entry blank**

MAC Club Entry Blank

**go to the Calendar and Entry form section of this web site
and click on the meet for your copy of the entry blank**



OREGON MASTERS SWIMMING
LOCAL TEAM REGISTRATION
YEAR 2002



This form must be postmarked by the entry deadlines to compete as a "local team" at the 2002 OMS Association Championships in April and the 2002 OMS Open Water Championships. Local team members must list the official "local team abbreviation" on their Association Championship entry blanks. (*Current names and abbreviations are listed at the bottom of page 23 —→*)

Team name_____

Abbreviation_____

Team Representative information (Must be OMS member)

Rep. name_____

Address _____

Phone_____

Email_____

Coach information

Coach name_____

Address _____

Phone _____

Email_____

Pool Address_____

Practice days/times_____

Mail to: Jeanne Thimm, 5685 SE Gaitgill Ct., Milwaukie OR 97267 or

email to: jeanneswims@msn.com

This information may be published in the OMS informational brochure, the Aquamaster and on the OMS Website unless you indicate otherwise.



OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2002 REGISTRATION

☐ Renewal - 2001 USMS # 371-_____

☐ New Member

Last Name: <small>(Please register with the name you will use for competition.)</small>	First Name:	M.I.:
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Address:

City:	State:	Zip:
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Phone:	Date of Birth:	Age:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F
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E-mail: <input type="checkbox"/> I would like to receive the Aqua Master electronically rather than by postal mail.	Do you coach a Masters Team? Yes <input type="checkbox"/> No <input type="checkbox"/>
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Club: OMS is comprised of two clubs or you may register unattached. Local Team: Choose abbreviation from list below. _____	<input type="checkbox"/> OREG <input type="checkbox"/> MACO <input type="checkbox"/> UNATTACHED <small>(Unattached members cannot swim in relays)</small>
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\$35.00 Single Registration: Valid November 1, 2001 to December 31, 2002. Make checks payable to OMS, Inc.

\$60.00 Joint registration: Two members at one address/One Aqua-Master. One form per member please

Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

I have added a contribution of \$1.00 (or \$ _____) to the International Swimming Hall of Fame Foundation.

I have added a contribution of \$1.00 (or \$ _____) to the United States Masters Swimming Foundation.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature: _____ Date: _____

OMS LOCAL TEAM ABBREVIATIONS

Albany Masters-ALB Beaver Aquatic Masters-BAM Central Oregon Master - COMA Chehalem Masters-CMST Circumnavigating Beavers - CBAT Corvallis Aquatic Masters - CAT Downtown Athletic Club-DAC Emerald Aquatics-EA Fish Stick Masters-FISH Grants Pass YMCA - GPY Health Experience Ath. Club-HEAC Klamath Basin Aquatic Sports-BASN Klamath Falls Masters - KLF	Lincoln City Masters-LCM McMinnville Masters-MCM Metro YMCA - MY Mittleman Jewish Comm. Ctr - MJCC Mt. Hood Masters - MHM Mountain Park Masters - MPM Multnomah Athletic Club - MACO No. Clackamas Masters Swimming - NCMS Oregon City Swim Team-OCST Oregon Wetmasters-OWET Parkrose Masters - PMSC Pendleton Masters-PEND Portland Masters Swimming - PMS	Riverplace Athletic Club - RAC Rogue Valley Masters - RVM Salem Courthouse Crew-SCC South Coast Aquatic Team - SCAT Southern Oregon Masters-SOM Steelheads - STHD Tigard-Tualatin Swim Club - TTSC Tualatin Hills Barracudas - THB Umpqua Valley Masters-UVM Willamette Athletic Club - WAC No Local Team-NLT
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MAIL TO: JUNE MATHER, OMS REGISTRAR, 1056 HILLVIEW DR., ASHLAND, OR 97520

This form is available on the OMS website: www.swimoregon.org

2001/2002 Calendar and Meet Schedule

Pool Meets

Date	Event	Location	Contact
*Oct. 27-28	SCM Zone	Tualatin Hills	Sandi Rousseau tsrousse@ix.netcom.com
*Nov. 17	SCY	Tigard-Tualatin	George Johnson george.johnson@philips.com
*Dec. 8	SCM	MAC Club	Frank Parisi frank@parisi-parisi.com
Jan. 26	SCY	Eugene	TBA
Feb. 23	SCY	North Bend	TBA
March 9	SCY	Penthalon - Tualatin Hills	Sandi Rousseau tsrousse@ix.netcom.com
April 5-7	SCY	Association Championships Corvallis	TBA
April 13-14	SCY Zone	Federal Way	TBA
May 4	SCM	Freestyle Pentathlon Bend	TBA
June 2	LCM	Albany	TBA
July 6-7	LCM	State Games Mt. Hood C. C. - Gresham	TBA
July 20	LCM	Eugene	TBA

Postal Championships 2001

Sept. 1-Oct. 31	3000/6000 Postal	Doug Brogan FitTogether@aol.com
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* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

OMS Board Meetings - (All OMS members are invited)

October 19-21 Annual Retreat

* Meetings will be held in the Lance Armstrong Building on the Nike Campus

Aqua-Master
October 2001

Aqua-Master
Attn. Roy Lambert
1211 SW Fifth Avenue
Portland, OR 97204-3795

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Inside: Results - LCM Nationals & Dorena Lake